

Washing the Hands Before the Meal

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Source:

We wash our hands and say the blessing before the meal.

בְּרוּךְ אַתָּה — מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי, וְצִוֵּנוּ עַל נְטִילַת יָדַיִם

Baruch Atah Adonai, Eloheinu Melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.

We praise you God, Creator of Everything, who makes us holy through mitzvot and commands us to wash our hands.